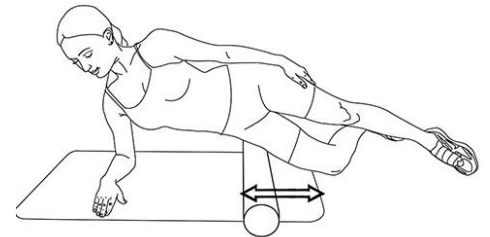


KNEE EXERCISES

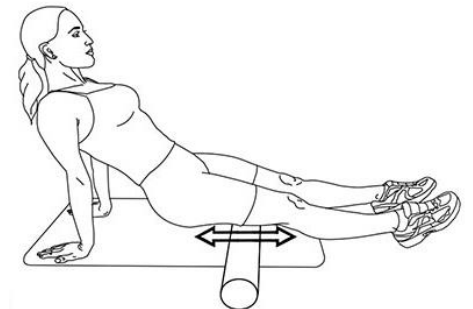
Foam Roller - ITB

Lay a foam roller on the floor. Lie on the floor with the roller under the side of your leg. Support yourself using your arms, and roll the roller up and down the side of your leg from your knee to your hip bone. You can lift your body using your arms to take pressure off the roller and make the exercise gentler. This exercise loosens up a tendinous band along the outside of your thigh which contributes to knee pain when tight.



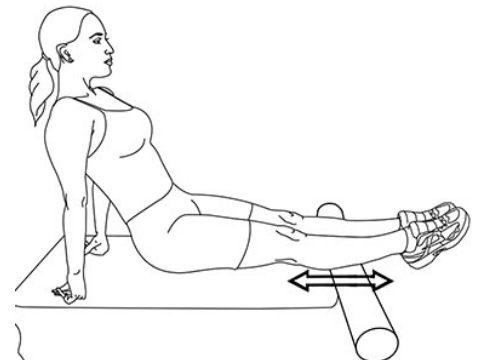
Foam Roller - Hamstring Stretch

Sit down placing a foam roller under your hamstrings (back of the legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your hamstrings to create a stretch. You can cross your legs to emphasize the stretch on one side.



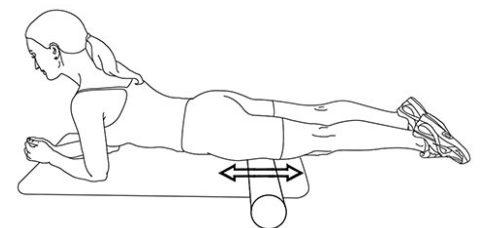
Foam Roller – Gastrocnemius/Soleus

Sit down placing a foam roller under your calf muscles (back of the lower legs). Your feet should be off the ground, and you can balance using your arms. Roll the roller up and down your calves to create a stretch. You can cross your legs to emphasize the stretch on one side. Progress by pointing your toes backward towards your knee.



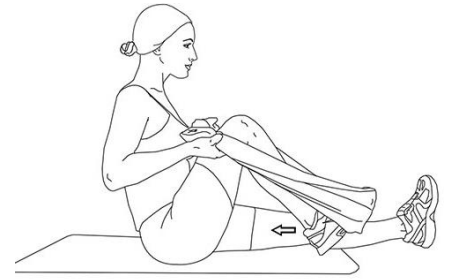
Foam Roller – Quadriceps

Lie face down on the floor, resting your elbows on the floor, with the roller under your quadriceps muscles (front of the thighs). Roll the roller up and down your thighs. You can focus the stretch on one side by shifting your body weight or crossing your legs.



Knee Flexion - Passive

Sit down on the floor, and place a towel around your foot. Gently pull the towel to bend your knee. Try to keep your knee relaxed at all times. Straighten your knee to return to the start position. This is a good exercise to improve mobility in a stiff knee joint. **Perform on both sides.**



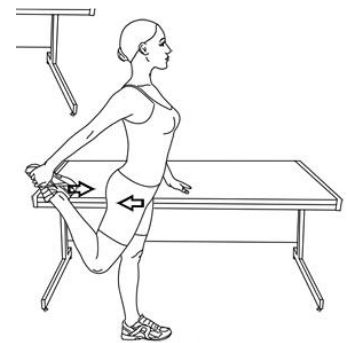
Active Knee Extension on Towel

Sit on the floor and place a rolled up towel under your knee. Straighten your leg against the towel. This exercise helps to straighten your leg if your knee is stiff, and also strengthens the quadriceps muscle group (at the front of your thigh). **Perform on both sides.**



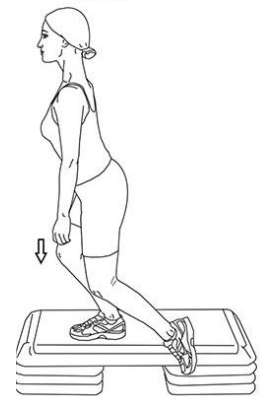
Hip Flexor and Quad Stretch

Stand up with good posture, and bend your knee so your foot goes towards your buttocks. Extend your hip behind you, to create a stretch to the front and top of your thigh. You may need to hold on to a table for support. This exercise will help to stretch your hip flexor (psoas and rectus femoris muscles), and quadriceps muscle group. **Perform on both sides.**



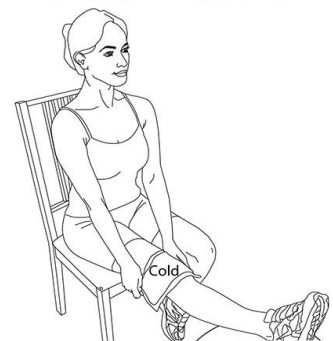
Single Leg Squat on Box

Stand on a high box or step, and squat down so your dangling foot is just off the floor. Control your leg into the squat, and then straighten your leg and return to the start position. Make sure when you squat you keep the middle of your knee cap in line with the middle toes of your foot. Do not let your knee drift off to one side. **Perform on both sides.**



Ice to your Knee – Sitting

Apply an ice pack or frozen compress to your knee. Make sure you wrap it in a thin towel so it's not too cold. Use this to reduce pain and inflammation. You may also find it useful to elevate the leg to further reduce swelling. **Perform on both sides.**



Disclaimer: These exercises are intended to improve your condition by accompanying your current treatment plan. If any of these exercises increase discomfort, please discontinue immediately and inform your doctor. These exercises may be continued as needed after you have been moved to maintenance care.